

KNOWLEDGE ABOUT PAIN EVALUATION AND CONTROL IN OLDER ADULTS: A STUDY AMONG CRITICAL CARE NURSES IN IRAN

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ABSTRACT

Aim: Pain is common among patients admitted to critical care units. Intensive care nurses have an indispensable role in pain evaluation and control in critically ill older adult's patients. Present study was performed to examine knowledge regards pain evaluation and control in old patients among one group of Iranian critical care nurses. **Methods:** Design of present study is descriptive cross sectional. In present study, knowledge of 112 nurses who work in critical care units (ICU, CCU, emergency) was examined with using "older adult's pain questionnaire". All nurses worked in hospitals affiliated to Qazvin University of Medical Science were invited. Sample selection performed with using convenience sampling method. Data analysis performed by using SPSS software. **Results:** Of 112 nurses in the present study, 96 nurses were women. The mean age of participants in the present study was 30.7 ± 5.9 years. The average score of all 14 items of the questionnaire was 7.1. About 87% of nurses reported that needs to education about pain management. Ninety eight percent of nurses in the present study reported that pain management is a very important issue for them. **Conclusion:** Although critical care nurses in our study reported that pain evaluation and control is a priority for them, however knowledge of them about pain management and assessment in elderly patients were low. Critical care nurses' need to further education regards pain evaluation and control in elderly patients.

Keywords: Elderly, pain, pain evaluation, ICU, CCU, emergency, nurses

INTRODUCTION

Most patients who are admitted to the intensive care units experienced some level of pain [1, 2, 3, 4]. Procedures such as blood sample obtaining, venous and arterial line insertion and removal, tracheal suctioning, regular change position, wound dressing, chest tube insertion and removal in intensive care units are mostly very painful [4, 5, 6]. Pain assessment, detection, and management in intensive care units are a very important issue. If critically ill patients pain not relieved well, several complications such as increase length of intensive care units stay, delay in mechanical ventilation weaning, decrease arterial blood oxygen, cardio-pulmonary complications, self and other injuries, line and tubes removal, fight with mechanical ventilation, decreasing power of immune system, agitation, delirium, sleep disturbance, and chronic pain may be developed [4, 7].

In recent years, the number of older adult's admission to intensive care units increased entire the world, mainly due to the increasingly aged population [8, 9]. Similar to adults in intensive care units, elderly critically ill patients experienced a high level of pain that affect patients, their family and society negatively [10, 11, 12]. Intensive care nurses have an indispensable role in pain detection and management in intensive care units [13]. Pain detection and management are basic critically ill patient rights, and in time of caring of critically ill patients in intensive care units, nurses should pay especial attention to this important issue [14]. For this reason, nurses should be knowledgeable regards pain assessments and management in intensive care units.

In recent years some study conducted with this aim that examined knowledge of critical care nurses regards pain issue. In one study in 2010, Wang & Tsai examined knowledge of intensive care nurses about pain assessment and management. According to the finding of Wang & Tsai study, critical care nurses have not enough knowledge about pain assessment and management [15]. In another study in this regards, Issa and colleagues examined intensive care units nurse's knowledge and attitudes about pain in Saudi Arabia. Similar to the finding of Wang & Tsai, results of Issa and colleague study revealed that knowledge about pain is poor among intensive care units nurses in Saudi Arabia [14].

Although few studies examined intensive care units nurses knowledge about pain evaluation and control, however to our knowledge study about intensive care nurses about pain evaluation and control in elderly patients not exist. The present study was performed to examine Iranian critical care nurses knowledge regards pain evaluation and control in elderly patients.

METHODS

Design of present study is descriptive cross-sectional. A study conducted in three hospitals (Shahid Rajaei, Boalisina, and velayat) in Qazvin, Iran. Sample selection performed with using convenience sampling method. All nurses who work in intensive care units and have at least 6 month work experience in intensive care units were invited to participate in our study.

For data collection, demographics checklist (includes age, sex, years of experience, level of education) and older adult's pain questionnaire used. Older adult's pain questionnaire developed by Solomon and colleague in 2001 [16]. This questionnaire has 14 items with yes or no responses. In one study in Iran in 2014, Rafiei and colleague translated this questionnaire to Persian language. Validity and reliability of this questionnaire determined in good level in Rafiei and colleague study [17].

List of nurses who work in intensive care units obtained from nursing management departments in each hospital. Questionnaires were distributed to the nurses by researchers in the hospital during the work shift. Nurses requested to complete the questionnaire during 1 hour and returned it to the reviewer. Before this, nurses received information about study aims. Participant assured that gathered data remind confidentially. Participation was voluntary, and all nurses in our study requested to the signed consent form. The study also received ethics code from ethic committee of the Qazvin University of Medical Science.

Data analysis performed by researchers with using the SPSS16 software after data collection. Descriptive statistics, independent t test, and Pierson correlation test were used for data analysis.